

Registration for:
Moms on the Run ~ Mother's Day 5K Run/Walk
Sunday, May 10th 2009 @ 8:30am Dover (NH) High School

Benefiting: Dover, NH Womenaid www.doverwomenaid.org

All of your friends and family members of any age and ability are invited to participate! Please visit our website for more information: www.momsontherun.org

PLEASE PRINT Clearly----ONE form per person----- feel free to photo copy

Last Name: _____ (circle one) M or F

First Name: _____ **Age on race day:** _____

*****12 years old and under will receive a medal

***** 13 years old and older ---*first 300 paid registrants will receive a t-shirt******



****Have your own timing chip (yellow NOT black)? Please write your 7 digit code #** _____

Please circle one ADULT size S M L XL

Address: _____

City/State/zip: _____

Email: _____ **Phone Number:** _____

Registration Fees*:

*all entry fees are non-refundable

5k run/walk – \$20.00 (\$25 day of the race)

12 years old and under – \$5.00

Mail entry form and Make check payable to:

Moms on the Run

P.O. Box 1408

Dover, NH 03820

WAVIER:

I know that running is a potentially hazardous activity, and that I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with this event, including, but not limited to: falls, contact with other participants, effects of traffic and road conditions, weather, etc. I, for myself and anyone entitled to act on my behalf, waive and release the City of Dover, Dover, NH Womenaid, Moms on the Run committee, Capstone Photography, Granite State Timing, all sponsors, all volunteers, and the State of NH from any and all claims and liabilities of any kind whatsoever arising from my voluntary participation in this event, regardless of such liability results from carelessness or negligence of the persons

named in this waiver. Further more, I hereby grant full permission of any kind of the forgoing to use any photos, videotapes or any record of this event for any legitimate purpose. I also agree to not participate in the race with roller type shoes or dogs. Baby joggers/strollers are accepted with the understanding that they start the race behind the runners and that the stroller/baby jogger entrant must give right of way to a runner/walker.

Signature of Participant or (under 18 yrs of age)Parent or Guardian _____

